

# Foundation Phase Pupils Anti Bullying Leaflet



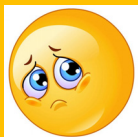
NO BULLIES



# What is a Bully?

A bully can make you feel:

- ♦ Sad
- ♦ Worried
- ♦ Scared



A bully is someone who might:

- ♦ Call you names
- ♦ Hit or push you
- ♦ Take things from you
- ♦ Leave you out of games

## DO



- DO Ask them to stop if you can
- DO Tell an adult you trust straight away
- DO Walk away
- DO Be brave
- DO Help others

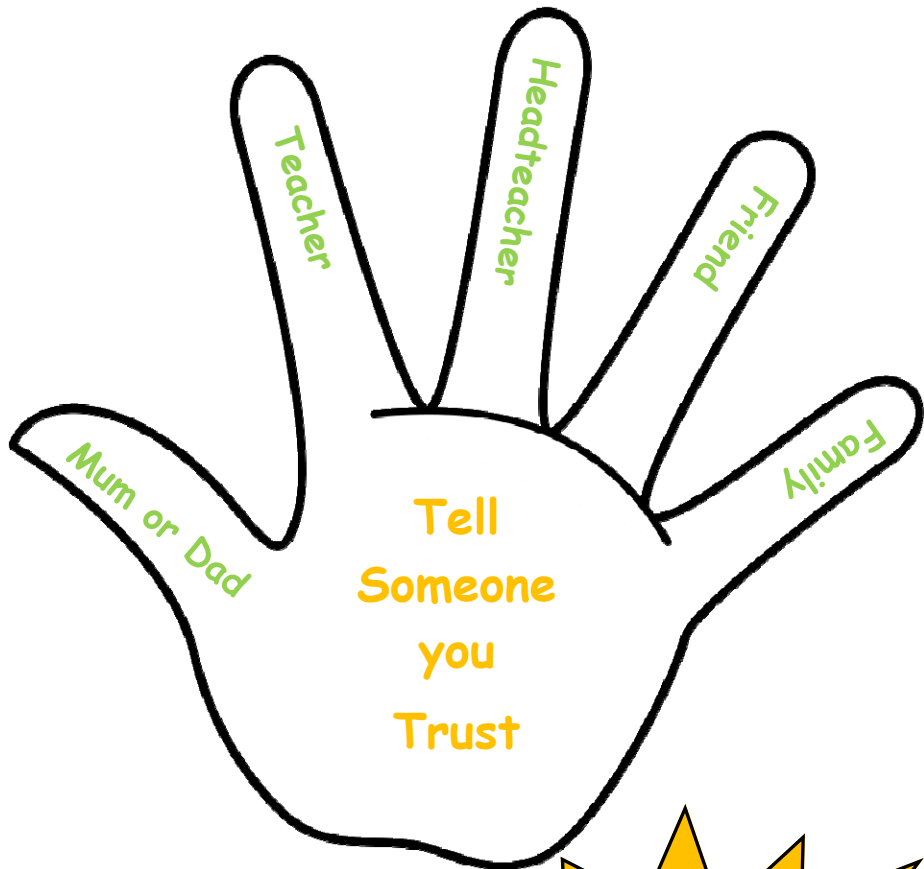
REMEMBER  
It is not your fault.

## DON'T



- DON'T Get angry
- DON'T Hit back
- DON'T Leave others alone if they are being bullied
- DON'T Hide it
- DON'T Do what bullies say
- DON'T Think it is your fault

# Who Can I Tell?



**REMEMBER**

It is not your  
fault

Talk about your  
worries in Circle  
Time



This leaflet has been designed with the help of the pupils and School Council of Ysgol Sant Dunawd, Bangor on Dee.